...BEGIN RIGHT WITH FRENLITE

Frenlite

COOKERY BOOK

PRICE SIXPENCE

I hope you will find this new Frenlite Recipe Book interesting and useful. Some of the old favourites have been reprinted and many new recipes included.

As usual, all Frenlite recipes have been carefully checked and the oven temperatures given should be used as a guide. You will of course know the special characteristics of your own cooker and I would suggest that our temperatures be read in conjunction with the recommendations supplied with your cooker.

Marguerite Patten

The Frenlite mills are equipped with an up-to-date demonstration and testing kitchen and if we can be of service to you in answering any cookery queries, please write to

J. W. French & Co. Ltd., Frenlite House, London, E.3.

Mills and Depots: London, Ware, Herts., Birmingham, Manchester

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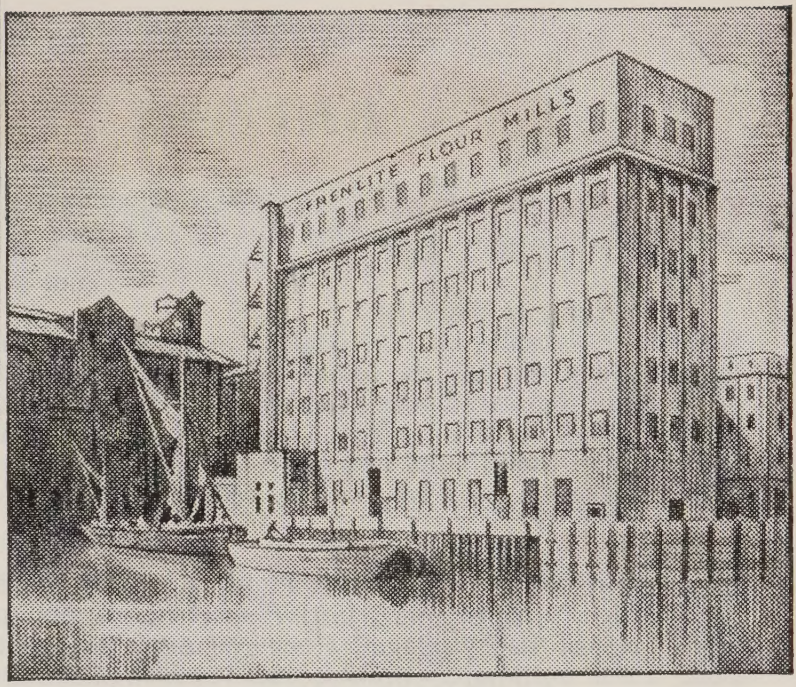

Frenlite Flour Mills
London

J. W. French & Co. Ltd., the Millers of Frenlite Flour, have throughout their long history played a leading part in the scientific development of Flour Milling. Following many years of research work, in conjunction with Agricultural Scientists, they have devised their own system of selecting the right types of home-grown, Canadian and Australian wheats to produce the most satisfactory flour for domestic use. These wheats are cleaned, washed, brushed and matured by a special process, which enables the finest flour to be extracted in an ideal condition for home use. When the wheat is absolutely clean and matured it passes from the Cleaning Department to the Mill proper where ingenious machinery opens up the grain and extracts the flour and a large part of the germ of the wheat.

For a great number of years, J. W. French & Co. Ltd. have specialised in producing a fine flour for domestic use with a pleasing naturally creamy-white colour, without the use of any form of chemical bleaching agent.

The Frenlite Flour Mills are among the latest scientifically equipped Flour Mills in the country and all operations are made wholly automatic by electrically controlled machines. From the grain to the flour bag the product is untouched by hand.

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BATTERS

YORKSHIRE PUDDING

4 oz. "Frenlite" Flour
1 Egg
2 oz. Lard or Dripping
Pinch of Salt
½ pint of Milk and Water

Sieve flour and salt together. Make a well in the centre of the flour, drop in unbeaten egg and half the liquid. Mix the mixture and beat until smooth and surface is covered with bubbles. Add the remainder of the liquid and leave in a cool place for at least ½ hour. Heat fat in batter tin until smoking hot. Pour in the mixture and bake for 30 minutes at 450°F. or Mark 8. The above mixture can be varied by adding sausages, chops or minced beef.

PANCAKES

Using the recipe as for Yorkshire Pudding, pour mixture into a jug. Heat a little fat in a frying pan until hot. Pour off the fat leaving sufficient to coat the bottom of the frying pan. Pour in enough mixture to form a thin pancake. Cook until lightly browned, toss or turn pancake and cook the other side likewise. Turn on to a sugared paper, sprinkle with sugar and lemon juice and roll up. Pancakes can be kept hot between two plates over a pan of hot water.

LADY BETTY PUDDING

Using the Yorkshire Pudding recipe, add 4–6 oz. cleaned dried fruit to the mixture and bake the usual way.

NORFOLK PUDDING

4 oz. Batter Mixture
1 lb. Cooking Apples
2 oz. Sugar
1 oz. Lard

Prepare apples into quarters. Heat fat in tin as for Yorkshire Pudding. Place the apples into the fat. Sprinkle with sugar. Pour the batter over and bake 30 minutes in a hot oven.

BISCUITS

ALMOND BISCUITS

6 oz. "Frenlite" Self-Raising Flour
4 oz. Ground Almonds
3 oz. Margarine or Butter
½ teaspoon Almond Essence
2 oz. Caster Sugar
1 Egg, or a little Milk

Rub fat into flour. Add sugar and ground almonds. Mix with egg or a little milk, adding essence at the same time, to a fairly stiff mixture. Roll out to ⅛-in thickness, cut into shapes and place on greased baking sheet. Bake in moderate oven at 375°F. or Mark 4 for 15 minutes. Allow to cool a little before removing from baking sheet.

BOSTON COFFEE CREAMS

5 oz. "Frenlite" Plain Flour
4 oz. Margarine or Butter
Vanilla Essence
1 oz. Icing Sugar
Half an Egg

Cream margarine and sugar. Mix in flour, add egg and vanilla essence. Pipe mixture on to greased baking trays, bake for 15 minutes in a moderate oven. When cool sandwich together with coffee butter filling.

Coffee Butter Filling
Cream together 1½ oz. butter or margarine and 3 oz. icing sugar, blend in one teaspoon powdered coffee.

CHEESE BISCUITS

3 oz. "Frenlite" Plain Flour
2½ oz. Margarine or Butter
Pinch Cayenne Pepper
5 oz. Grated Cheese
¼ teaspoon Dry Mustard
1 yolk of egg.

Cream the fat and cheese together, add the yolk and work in the flour and seasonings. Form into a roll, wrap in waxed paper or aluminium foil and chill for at least 2 hours. Slice thinly with a sharp knife. Bake in a moderate oven for about 10 minutes until golden brown.

CHERRY FINGERS

4 oz. Short Crust Pastry
2 oz. Margarine or Butter
2 oz. Caster Sugar
A few halved Almonds
1 Egg
3 oz. "Frenlite" Four
2 oz. Glacé Cherries

Roll out the pastry thinly and line a shallow square or oblong tin. Cream the fat and sugar, add the egg. Beat well and stir in the flour and sliced cherries, add a little liquid to make a dropping consistency. Spread over the pastry. Bake in a moderately hot oven for 20 minutes. A few halved almonds may be put on the top. Cut into fingers, when cool.

CHOCOLATE AND WALNUT BISCUITS

4 oz. "Frenlite" Self-Raising Flour
2 oz. Margarine or Butter
4 oz. Granulated Sugar
1 Egg Yolk
1 oz. Walnuts (chopped)
Pinch of Salt
1 oz. Chocolate Powder

Cream fat and sugar, beat in egg yolk. Add all dry ingredients. Knead dough into a roll approximately 1½" in diameter. Wrap in waxed paper, place in refrigerator for at least 2 hours. Cut into slices ⅛-in. thick. Place on greased baking trays, and bake for 15 minutes in a moderately hot oven, 400°F.

COCONUT RINGS

10 oz. "Frenlite" Self-Raising Flour
6 oz. Margarine or Butter
4 oz. Coconut
4 oz. Caster Sugar
1 Egg
Pinch of Salt

Rub the fat into the flour. Add 3 oz. sugar, 2 oz. coconut and the salt. Mix to a dry dough with some of the beaten egg, adding a little milk if necessary. Roll out ¼-in thick. Cut into rounds and cut the centre out of each. Collect the centres and roll out again. Brush the rings with remaining egg and dip them in equal parts of sugar and coconut. Bake in a moderate oven for 15 minutes, 375°F. or Mark 4.

The same recipe may be used for plain round coconut shapes if you wish to save time, or will make an excellent cake.

COFFEE DROPS

3 oz. "Frenlite" Self-Raising Flour
1½ oz. Margarine or Butter
½ Egg
1 oz. Sugar
1 teaspoon Powdered Coffee
Pinch of Salt

Cream fat and sugar together. Gradually mix in the beaten egg. Stir in the sieved flour, salt and powdered coffee and drop in small spoonsful on a greased baking tin. Bake at 400°F. or Mark 5 for 10 minutes.

This quantity makes 20 biscuits.

FOUR SQUARE BISCUITS

8 oz. "Frenlite" Flour (plain or self-raising)
4 oz. Margarine or Butter
4 oz. Caster Sugar
Finely grated rind of Lemon
Little beaten Egg

Cream fat and sugar with lemon rind. Work in flour and knead thoroughly. Gradually add enough egg to bind, keeping the mixture very firm. Divide dough into four parts. Leave one plain, add a few drops of cochineal to next quarter, a few drops of apple green to the third quarter and a heaped teaspoon cocoa to the remainder. Roll or form each piece of dough into a long strip about ½-in. wide and thick. Press these together to make one larger strip 1-in. square, having white and green alongside each other at the bottom and placing pink on white and chocolate on green. Leave in a cool place for a time then cut into ¼-in. slices with a sharp knife. Put on to baking trays and bake for approximately 10–12 minutes in moderately hot oven. Mark 4 or 375°F.

FRUIT SHORTIES

8 oz. "Frenlite" Self-Raising Flour
3 oz. Margarine or Butter
2 oz. Sugar
Beaten Egg to Mix
1 oz. Chopped Raisins or Sultanas
¼ teaspoon Salt
1 oz. Chopped Nuts

Rub fat into flour, add sugar, mix to a stiff paste with egg. Cut in half and roll out into two squares. Sprinkle chopped fruit and nuts on one half and cover with remaining half. Roll out again to ⅛-in thick. Cut into fingers with a sharp knife. Bake on a greased tin in a moderately hot oven for approximately 15 minutes.

Frenlite is guaranteed . . . .

GINGER BISCUITS

5 oz. "Frenlite" Self-Raising Flour
2 level tablespoons of Golden Syrup
1 teaspoon Ground Ginger
1 level teaspoon Bi-carbonate of Soda
2 oz. Margarine or Butter
Pinch of Salt
Pinch of Cayenne Pepper
Few drops of Lemon Essence or Grated Rind of a Lemon

Put the syrup and fat in a basin. Stand in hot water in a small pan and melt together taking care not to overheat. Add bi-carbonate of soda, lemon, and lastly the flour and other ingredients. Mix well together and work into a smooth ball. Roll out thinly, cut into rounds and place on a baking sheet. Put in a moderate oven (375°F. or Mark 4) and bake for 15 minutes. Cool before storing.

MELTING MOMENTS

5 oz. "Frenlite" Self-Raising Flour
1½ oz. Margarine or Butter
2½ oz. Lard
3 oz. Caster Sugar
Half an egg
Oats
1 teaspoon Vanilla Essence
Glacé Cherries

Cream fat and sugar, beat in egg. Work in flour and vanilla essence. Roll into balls, coat with rolled oats. Place on a greased baking sheet, press down slightly, decorate with a piece of cherry. Bake in moderate oven 20–25 minutes. Cool before removing from tray.

ORANGE AND CHOCOLATE BISCUITS

4 oz. Margarine or Butter
4 oz. Caster Sugar
6 oz. "Frenlite" Self-Raising Flour
1 oz. Drinking Chocolate
1 oz. Rice Flour
1 small Egg
1 teaspoon grated Orange Rind
Pinch of Salt
Pinch of Cinnamon

Cream the fat and sugar, beat in the egg. Stir in the flour and salt. Divide into two portions—into one stir rice flour and orange rind; into the other stir drinking chocolate and pinch of cinnamon. Roll out each piece of dough ½-in. thick on floured board. Cut into shapes and place on a greased baking sheet. Bake in a moderately hot oven for approximately 12 minutes. When cold, sandwich together with orange butter cream. (See page 3—substituting 1 teaspoon orange rind for coffee).

RICH SHORTBREAD

3 oz. "Frenlite" Flour (plain or self-raising)
1 oz. "Frenlite" Cornflour
3 oz. Butter
2 oz. Caster Sugar

Cream together the butter and HALF the sugar. Work in the flour, cornflour and **lastly** the rest of the sugar.

Either press into a shortbread mould or form into a neat round (½-in. thick) on the back of a baking tin. Flute the edges, prick firmly—especially if using self-raising flour—and bake for approximately 40 minutes in the centre of a low oven: Mark 2 to 3 or 300° F. Cool on the tin, marking into sections before the biscuit is cold.

This recipe can be used to make small individual biscuits.

free from any bleaching agent

STRAWBERRY BUTTONS

8 oz. "Frenlite" Plain Flour
3 oz. Margarine or Butter
2½ oz. Sugar
Grated rind of 1 Lemon
1 Egg
1 tablespoon Milk
Little Desiccated Coconut
Strawberry Jam

Separate the yolk from the white of the egg. Rub the fat into the flour, stir in the sugar and lemon rind and bind with egg yolk and milk. Roll into tiny balls, dip each into egg white and then roll in the coconut. Place not too close together on a baking sheet which has been greased. Make a dent in each ball with a finger tip. Bake in a hot oven 15–20 minutes. While still hot, place a little strawberry jam in each dent, cool on a cake rack.

CAKES

Important points in making:—

1. *Prepare tins before starting to make cakes.*
2. *Clean fruit well and make sure it is thoroughly dry.*
3. *Select position and heat oven before mixing.*
4. *Cream the fat and sugar until light and fluffy.*
5. *Measure ingredients carefully.*
6. *Add the egg gradually to prevent curdling.*
7. *Add flavourings carefully.*
8. *Cakes when baked should be firm to touch, well risen, nicely browned and slightly shrunk from the sides of the tin.*
9. *Leave all cakes for a few minutes before turning on to a wire rack to cool.*
10. *For large cakes, test with a warmed knitting needle or skewer. This should be clean when removed from centre of the cake.*

COFFEE WALNUT LAYER CAKE

For the cake:

6 oz. "Frenlite" Self-Raising Flour
5–6 oz. Margarine or Butter
6 oz. Caster Sugar
3 Eggs
1 oz. Chopped Walnuts

Cream fat and sugar until soft and light. Beat eggs well. Add eggs and flour alternately to the fat mixture. Lastly add nuts. Put into two 7½–8-in. greased and floured sandwich tins and bake for approximately 25 minutes at Mark 4–5 or 375–400°F. When cold split each cake and fill with the following.

Coffee Butter Icing

Cream 4 oz. margarine or butter with 6 oz. sieved icing sugar. Gradually beat in a tablespoonful coffee essence or a dessertspoon powdered coffee.

For the top of the cake

Mix approximately 6 oz. icing sugar with enough strong coffee or coffee essence to give flowing consistency.

To give a real sharp edge

to the top icing: Tie a band of stiff paper round top. Pour on the icing, allow to set then remove paper.

VARIATIONS

LEMON, RASPBERRY AND ORANGE Layer cakes can be made using the appropriate essences and colouring.

CHOUX PASTE

½ pint Water
3 oz. Butter
5 oz. "Frenlite" Plain Flour
½ oz. Sugar
3 Eggs

Heat the water and butter in a saucepan. When just boiling beat in the sieved flour. Stir briskly until the mixture leaves the sides of the pan and is quite smooth. Add the sugar and beat in the eggs gradually.

ÉCLAIRS

Choux Paste
½ pint Whipped Cream (sweetened)
Glacé Icing

Place the choux paste in a forcing bag with a plain pipe, and force on to a greased sheet in 2–3″ lengths. Bake in a moderate oven, Mark 5 or 425°F. for about 25–30 minutes. When cool, make a slit in the side, fill with cream, and coat with flavoured glacé icing.

DUNDEE CAKE

10 oz. "Frenlite" (S.R. or Plain) Flour
8 oz. Margarine
8 oz. Sugar
4 Eggs
1½ lb. Mixed Dried Fruit
2 oz. Chopped Almonds
2 oz. Cherries
2 oz. Peel
2 tablespoons Milk
1 teaspoon Spice (not essential)
2 oz. Split Almonds

Cream the margarine and sugar together until soft and light and add the beaten egg. Sieve dry ingredients together. Chop some almonds and split others. Mix chopped almonds, floured cherries, fruit and peel together. To mix, stir flour into creamed margarine and sugar, with enough milk to make a slow dropping consistency. Lastly add fruit.

Put into a greased and floured 8-in. cake tin. Cover top of cake with split almonds, and brush with a little egg-white to glaze. Bake for 3–3½ hours in the centre of a very moderate oven, Mark 3 or 350°F. Cool slightly in tin before turning on to wire sieve.

ECCLES CAKES

1 lb. Flaky Pastry (see page 14)

Filling

¼ lb. Apricot Jam
2 oz. Butter
8 oz. Currants
2 oz. Chopped Peel
½ teaspoon Ground Nutmeg (or mixed Spice)

Heat jam and butter in a saucepan. When melted add fruit and nutmeg. Leave until cold. Roll out the pastry thinly, cut into squares and place a large teaspoonful of filling on each square. Mould the pastry round the filling removing the surplus from underneath and leaving a thin shell of pastry round the filling. Brush with water, sprinkle with sugar, make two cuts in the top of each cake and bake in a hot oven, Mark 8 or 475° for 10-15 minutes.

FEATHER CAKES

6 oz. "Frenlite" Self-Raising Flour
4 oz. Margarine or Butter
1 Egg
2 oz. Caster Sugar

Cream the fat and sugar, separate the egg yolk from the white. Add the yolk to the creamed mixture and beat. Add the sieved flour. Roll into pieces the size of a walnut, dip into the egg white and roll in caster sugar. Place on a greased baking sheet and allow room to spread. Bake in a moderately hot oven, 425°F. or Mark 6, for about 15 minutes.

"FRENLITE" RICH GINGERBREAD

7 oz. "Frenlite" Self-Raising Flour
1 oz. Ground Almonds or Finely Chopped Almonds
5 oz. Black Treacle or Golden Syrup
5 oz. Butter, Margarine or a Mixture of Margarine and Cooking Fat
4 oz. Brown Sugar
1–2 teaspoons Ground Ginger
1 oz. finely chopped Crystallised Ginger
1 oz. Chopped Glacé Cherries
½ teaspoon Mixed Spice
Grated Rind of ½ Lemon
2 Large or 3 Small Eggs

Put the butter, sugar and treacle into a saucepan. Heat gently until the butter has melted. Meanwhile sieve together all the dry ingredients. Add the treacle mixture and beat well. Stir in the crystallised ginger and beaten eggs. Pour into a 7-in. tin lined with greased paper and bake for approximately 1¼ hours in the centre of a very moderate oven Mark 3 or 325–350°F. Do not open the door until the cake is set, since it tends to fall rather easily. This cake should *not* rise in the centre, but be quite flat. When baked, allow to cool for about half an hour in the tin; then turn out carefully on to a wire sieve. Wrap in paper and store in a tin. The cake is at its best after keeping for several days.

OLDE TYME GINGERBREAD

12 oz. "Frenlite" Self-Raising Flour
6 oz. Golden Syrup
8 oz. Fat (half Lard or Dripping and half Margarine or Butter)
2 oz. Demerara Sugar
2 teaspoons Mixed Spice
2 Eggs
2 teaspoons Ground Ginger
1 level teaspoon Bi-carbonate Soda
1 teacup Boiling Water

Melt syrup and fat, sift in the flour, sugar and spices gradually, stirring well. Add well beaten eggs. Dissolve soda in boiling water and stir this in. Bake in a batter tin lined with greased paper for 1 hour, 350°F. or Mark 4. This mixture may seem thin but gives excellent results.

This recipe makes an extremely nice Chocolate Cake by omitting the ginger and spice and substituting 1 tablespoonful Cocoa or chocolate powder in place of a tablespoonful of the flour.

a lovely natural creamy-white

LUNCHEON CAKE

1 lb. "Frenlite" Self-Raising Flour
6 oz. Margarine
4 oz. Currants
1 level teaspoon Nutmeg or Spice
Pinch of Salt
Milk to mix
8 oz. Caster Sugar
1 oz. finely chopped Candied Peel
2 Eggs

Follow "Frenlite" Plain Cake recipe. Bake in greased 8-inch cake tin in a moderate oven 350°F. or Mark 4 or 5 for 1–1½ hours.

For a 6-inch tin use half of the above quantities and bake for approximately ¾—1 hour.

"FRENLITE" MADEIRA CAKE

8 oz. "Frenlite" Self-Raising Flour
5 oz. Sugar
Grated rind of 1 Lemon
Slice of Citron Peel
5 oz. Butter or Margarine
3 Eggs
A little Milk

Prepare the mixture by the creaming method as for "Frenlite" Queen Cakes (page 11). Put into greased 7-inch cake tin, bake in a moderate oven 350°F. or Mark 4 or 5 for approximately 1¼ hours. Place the citron on the top of the cake after the first 20 minutes when the top is set.

"FRENLITE" PLAIN CAKES

8 oz. "Frenlite" Self-Raising Flour
3–4 oz. Fat (margarine, lard or a mixture)
3–4 oz. Caster Sugar
Pinch of Salt
1 Egg
Milk to mix

Rub the fat into sieved flour and salt until of a consistency of fine breadcrumbs. Add the sugar, well beaten egg and milk to form a soft dough. Put mixture into greased patty tins, or in rough heaps on a baking sheet. Bake in a hot oven 450°F. or Mark 7 to 8 for 10–15 minutes.

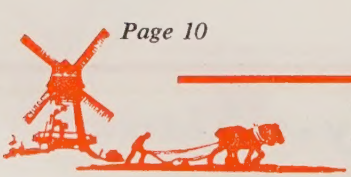
VARIATIONS

CHOCOLATE CAKES. Omit 1 oz. of flour and substitute 1 oz. of cocoa.
CORNFLOUR CAKES. Omit 2 oz. of flour and substitute 2 oz. of "Frenlite" cornflour and few drops of vanilla essence.

ORANGE OR LEMON BUNS. Include grated rind of ½ orange or lemon and mix with the juice instead of milk.

RASPBERRY BUNS. Turn mixture on to a floured board. Divide into 12 pieces. Roll into neat shapes. Place on to a greased baking sheet. Flour end of wooden spoon and press a hole into the centre of each bun. Fill each hole with a little raspberry jam.

ROCK CAKES. Add 2 oz. of cleaned dried fruit, ½ oz. of finely-chopped peel, ¼ teaspoon mixed spice. Use a very small egg and omit any milk. Drop in rough heaps on to a greased baking sheet and bake.



PINEAPPLE AND CHERRY LAYER CAKE

First make a really light Victoria sandwich—(recipe on page 13) and bake in *three* sandwich tins $6\frac{1}{2}''$ in diameter. Turn out and cool.

Sandwich together with the following mixture:—

Cream together 4 oz. unsalted butter or margarine with 6 oz. sieved icing sugar. Work in a few drops of pineapple essence.

Take out approximately one third of the butter icing but add 1–2 oz. chopped crystallised pineapple and 1 oz. finely chopped glacé cherries to the remainder. Sandwich the three cakes together with mixture.

Cover the top and sides of the cake with water icing, flavoured with a few drops of pineapple essence (or a little syrup from a tin of pineapple if you happen to have opened one).

Decorate with a piping of the plain pineapple butter icing, and with cherries and pieces of crystallised pineapple.

"FRENLITE" QUEEN CAKES

8 oz. "Frenlite" Self-Raising Flour
2 Eggs
6 oz. Sugar (Caster)
½ oz. Chopped Peel
Milk to Mix
6 oz. Margarine
About 3 oz. Dried Fruit
Pinch of Salt

Cream the margarine and sugar until soft and light. Beat the eggs well. Sieve flour and salt. Add the eggs and flour alternately to the creamed mixture with just enough milk to make the mixture soft enough to drop easily from the end of a wooden spoon. Lastly stir in the dried fruit. Place in well-greased patty tins or paper cases and bake 15 minutes at 450°F. or Mark 6.

VARIATIONS

BUTTERFLY CAKES. Use the Queen Cake recipe omitting the fruit. When cool cut the top from each cake and cut in half. Fill the top with mock cream or butter icing. Replace pieces of cake into the cream to resemble the wings of a butterfly.

CHERRY CAKES. Add 3 oz. well-floured and chopped glacé cherries to the cake mixture instead of the fruit.

COCONUT CAKES. Add 3 oz. desiccated coconut and a few drops of vanilla essence.

SEED CAKES. Omit fruit and include one dessertspoon caraway seeds. Dust the top with sugar and a few seeds before baking.

"FRENLITE" STANDARD FRUIT CAKE

8 oz. "Frenlite" Self-Raising Flour
4 oz. Caster Sugar
6 oz. Mixed Dried Fruit
2 Eggs
Milk to Mix
4 oz. Butter or Margarine
Pinch of Salt
1 oz. Chopped Peel
1 oz. Glacé Cherries
A little Vanilla and Almond Essence

Line 7-inch or 8-inch cake tin. Cream the sugar and fat together until soft and white. Beat the eggs well and add gradually to the creamed mixture. Beat well and add the fruit, peel, glacé cherries, vanilla and almond essence. Fold in the sieved flour and salt alternately with the milk until the mixture is soft enough to drop easily from the end of a wooden spoon. Put into the lined cake tin. Bake at 375°F. or Mark 4 for 1–1¼ hours in the centre of the oven.

For a spicy cake add ¼ teaspoon mixed spice and ¼ teaspoon ground cinnamon to dry flour.

For Apricot, Raspberry or Marmalade cake substitute 4 oz. of one of these preserves for the dried fruit, mixing it in with the creamed sugar and fat mixture.

SPONGE SANDWICH

Prepare an 8-inch tin. Brush with a little melted fat, sprinkle with flour and shake off the surplus. Turn on the oven and set to Mark 4, or 360°F.

3 heaped tablespoons "Frenlite" Self-Raising Flour
3 rounded tablespoons Caster Sugar
2 Eggs
Nearly 2 tablespoons luke-warm Water

Warm your mixing bowl. Break the eggs one at a time and whisk in the warm bowl. Add the sugar and whisk briskly for 15 minutes until mixture is quite thick. Add one tablespoon warm water and then fold in the flour lightly and remainder of the water. Pour the mixture into the tin, spread evenly and bake at once for about 30–35 minutes. When done remove and leave to cool for 5 minutes. Turn out on to wire tray to cool. Cut in half, spread with jam or other filling, put together and sprinkle top with caster sugar.

SPONGE FANCIES

Use the Victoria sandwich recipe on opposite page but bake in a Swiss Roll tin instead of sandwich type. The tin should be lined with greased and floured paper. When the cake is cooked, cut into fancy shapes and cover—some with icing, others with sieved jam and chopped nuts; others with butter icing and coconut etc.

In this way you have a large selection of fancy cakes with the minimum of work. We suggest you ice the cakes as soon as possible, since this forms a protective 'covering' on the outside and so keeps the mixture beautifully moist for several days.

Small children will love these tiny cakes, and because they are made from the finest ingredients you can be sure they will not upset them.

VICTORIA SANDWICH

6 oz. "Frenlite" Self-Raising Flour
6 oz. Caster Sugar
3 Eggs
6 oz. Margarine
Pinch of Salt
Vanilla Essence

Grease and flour two 8-inch sandwich tins. Cream the fat and sugar together. Beat the eggs and add gradually to the creamed mixture with a little vanilla essence. Beat well. Fold in the sieved flour and salt gradually. Divide the mixture into the tins and bake at 375°F. or Mark 5 for 30 minutes. Cool on a wire tray. Sandwich together with jam or cream. Dust top with icing sugar.

For a smaller Victoria Sandwich, use 4 ozs. each Flour, sugar and fat, with 2 eggs. Use 7-inch sandwich tins and bake at 350–375°F. Mark 4–5 for about 20 minutes.

VARIATIONS

Grated lemon or orange rind may be added in place of vanilla essence.

MADELEINES. Bake mixture 20 minutes in greased dariole moulds. Turn out and when cool coat top and sides with sieved warm jam and roll in desiccated coconut. Top with half glacé cherry or a drop of pink glacé icing.

SWISS ROLL

3 oz. "Frenlite" Self-Raising Flour
3 Eggs
½ teaspoon Vanilla Essence
2 tablespoons heated Jam
4 oz. Caster Sugar
2 tablespoons hot Water

Grease Swiss roll tin, line with greased paper. Warm and sieve flour. Beat eggs and sugar over hot water until thick and creamy. Add essence, and gently fold in flour. Add sufficient hot water to make a pouring consistency. Turn into prepared tin—spread evenly into corners. Bake in very hot oven, 500°F. or Mark 9, for 7 minutes.

Turn out on to sugared greaseproof paper, spread with heated jam. Roll up quickly, keeping swiss roll in the greaseproof paper until cool. When cold unwrap, trim edges, dredge with sugar.

Our Guarantee

No bleaching agent of any description is used in Frenlite Flour. Frenlite is a natural and delightful creamy-white with all the freshness and goodness of the finest wheats.

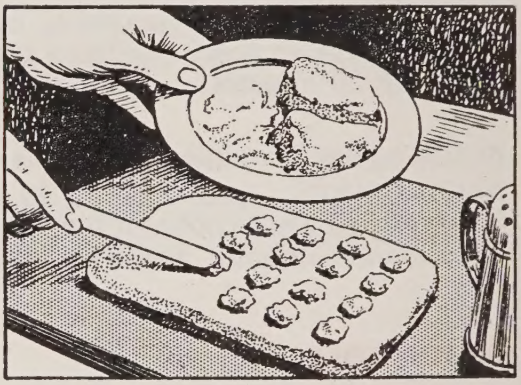
over 100 years' experience in flour milling

PASTRY

Important points in making pastry

Keep everything as cool as possible. Handle as little as possible. Sprinkle flour on rolling pin and board, but never on the pastry. Roll lightly and do not stretch the pastry. Pastry is improved if left for a while before using.

"FRENLITE" FLAKY PASTRY



8 oz. "Frenlite" Flour
Pinch of Cream of Tartar
Cold Water to Mix
6 oz. Cooking Fat and Margarine mixed
½ level teaspoon Salt

Sieve flour, salt and Cream of Tartar. Rub in quarter of the fat. Mix to a pliable dough with cold water. Knead lightly with the finger tips to an even texture. Roll into an oblong—about ¼-inch thick. Put second quarter of fat in small knobs evenly over two-thirds of the dough. Fold in three, so that the layers of pastry and fat alternate. Turn dough once to the left so that the fold is to the left hand. Roll out again in an oblong strip. Repeat the process twice till all fat is rolled in. Fold dough in three, seal edges with rolling pin and roll out as required. Always roll one way only—away from you.

SAUSAGE ROLLS

½ lb. "Frenlite" Flaky Pastry **Pinch of Dried Mixed Herbs**
A small Onion finely grated (optional) **½ lb. Sausage Meat**

Roll the pastry out to ⅛in thick. Mix the sausage meat, grated onion and mixed herbs together. Roll the mixture out to a long strip. Place this in lines on the pastry. Cut the strips across, allowing sufficient pastry to roll round sausage and overlap slightly. Brush the edge of each piece with egg. Roll up round sausage and seal the flap firmly, leaving the two ends open. Flake up the edge of pastry with a knife. Make two cuts in the top of each roll. Brush with egg and bake in a very hot oven about 10–15 minutes. Heat oven to 500°F. and reduce to 475°F. or Mark 10 reduced to 9.

"FRENLITE" SHORT CRUST PASTRY

8 oz. "Frenlite" Flour — **4 oz. Butter, Margarine or Lard**
Cold water to mix — **Good pinch of Salt**

Sieve the flour and salt together. Rub in fat till mixture resembles fine breadcrumbs. Mix with cold water to a firm dough.
An excellent variation—6 oz. flour, 2 oz. "Frenlite" Cornflour, 6 oz. fat, squeeze of lemon juice. Method as above.

APPLE DAPPY

8 oz. "Frenlite" Short Crust Pastry — **1 lb. Cooking Apples**
1 oz. Sugar — **2 tablespoons Golden Syrup**
2 tablespoons Hot Water

Roll pastry into oblong, prepare apples and slice. Place slices of apple on to the pastry, sprinkle with sugar. Roll pastry as for roly-poly, seal the edges. Pour mixture of syrup and water over the pastry. Bake in a hot oven for 30 minutes, basting after 15 minutes. 450°F. or Mark 7

APPLE PIE

8 oz. "Frenlite" Short Crust Pastry — **2–3 oz. Sugar**
1 lb. cooking Apples — **3–4 Cloves (optional)**

Line a pie plate with half the pastry. Peel, core and slice apples, put on the pastry, sprinkle with sugar—the quantity depends on the type of apple. Scatter the cloves (if used) among the fruit. Damp pastry edges and cover with rest of pastry. Crimp edges and cut slits in top. Bake in hot oven (450°F.) for 10–15 minutes, then lower the heat and cook 20 minutes longer, or until fruit is tender.

BAKEWELL TART

6 oz. Short Crust Pastry
Filling—
3 oz. Margarine — **3 oz. Caster Sugar**
4 oz. Breadcrumbs — **½ teaspoon Almond Essence**
½ teaspoon Lemon Essence — **1 Egg**
2 tablespoons Jam — **1 tablespoon Lemon Curd**

Roll out pastry and line 7-inch sandwich tin or flan ring. Cream fat and sugar until light and fluffy. Add flavouring and beaten egg. Fold in breadcrumbs. Spread pastry case with jam and lemon curd. Top with cake mixture. Bake 30 minutes in moderately hot oven, 400°F. or Mark 6.

CUSTARD TARTS

4 oz. "Frenlite" Short Crust Pastry — **Grated Nutmeg**
1 dessertspoon Caster Sugar — **2 Eggs** — **¼ pint milk**

Roll out the pastry thinly. Cut with a fluted cutter, slightly bigger than the patty tin. Line about eight deep patty tins with pastry. Prick very thoroughly with a fork. Brush over with the white of one egg. Whisk remainder of the eggs and sugar and add warmed milk. Almost fill pastry cases. Sprinkle with nutmeg, bake until firm, about 10 minutes 425°F. or Mark 6.

MAIDS OF HONOUR

8 oz. "Frenlite" Short Crust Pastry
4 oz. Ground Rice
4 oz. Sugar
2 oz. Margarine or Butter
1 Egg
2 teaspoons Ground Almonds
A few drops of Almond Essence

Make pastry. Roll out thinly and line 24 patty tins. Cream the fat and sugar together, lightly beat the egg add this, with the almond essence, to the creamed mixture. Fold in the ground rice and ground almonds. Bake in a hot oven 450°F. or Mark 7 for 15 minutes.

"FRENLITE" SUET CRUST PASTRY

8 oz. "Frenlite" Self-Raising Flour
3 oz. Chopped Suet
Pinch of Salt
Cold Water to mix

Add suet to sieved flour and salt and mix to a slack dough with the water. This amount will make eight good-sized dumplings, or line a 2-pint pudding basin for a steak and kidney or fruit pudding.

STEAK AND KIDNEY PUDDING

½ lb. "Frenlite" Suet Crust Pastry
1 lb. Stewing Steak—lean
1 tablespoon Chopped Parsley, optional
4 oz. Kidney
1 tablespoon Flour
Pinch of Pepper
½ teaspoonful Salt

Roll out the pastry and line a greased 2-pint pudding basin saving sufficient for covering. Cut the meat and kidneys into small pieces and roll them in the flour and seasoning. Add the parsley and turn into the lined basin with enough cold water to come just below the level of the meat. Wet the edges of the pastry. Cut out the remaining piece to the size of the top of the basin, place it in position and press lightly together. Cover with greased greaseproof paper twisting under the rim to secure and put a cloth on top. Have ready a saucepan with boiling water deep enough to reach halfway up the basin, place in the pudding, put on the lid, and boil fast for at least 45 minutes. The heat can then be lowered but the water must be kept boiling to prevent the crust from becoming heavy. Replenish water from a steaming kettle as necessary. Boil for 3 hours in all. A good plan is to prepare extra hot gravy to pour in when pudding is cut.

VARIATIONS

STEAK AND MUSHROOM PUDDING. Instead of kidneys use ¼-lb. halved or quartered mushrooms.

STEAK AND TOMATO PUDDING. Replace the kidneys with two or three tomatoes chopped and skinned.

STEAK AND VEGETABLE PUDDING. Use less meat and add a handful of haricot, or butter beans soaked overnight. Partly boil these and mix with meat together with one or two diced carrots and a sliced onion.

PUDDINGS

STEAMED PUDDING

4 oz. "Frenlite" Self-Raising Flour
2 oz. Margarine
1 Egg
Pinch of Salt
2 oz. Caster Sugar
A little Vanilla or Lemon Essence
Milk to Mix

Sieve flour and salt. Rub in fat until it resembles fine breadcrumbs. Add the sugar. Add the egg and mix with milk to a soft dropping consistency. Pour mixture into a well-greased one-pint sized pudding basin. Cover well with greased greaseproof paper and steam, for 1½ to 2 hours.
Serve this plain pudding with flavoured sweet sauce.
If liked the above mixture will make eight individual puddings. Steam in dariole moulds for 20 minutes.

VARIATIONS

CHOCOLATE PUDDING. Substitute 1 level tablespoon of cocoa for 1 oz. of flour. Serve the pudding with a sweet white sauce.

FRUIT PUDDING. Add 2 oz. of cleaned dried fruit or chopped dates to the mixture.

JAM OR SYRUP PUDDING. Put two level tablespoons of jam or syrup in the bottom of the basin before adding mixture.

FIG AND GINGER PUDDING

8 oz. "Frenlite" Self-Raising Flour
4 oz. Suet
½ teaspoonful Bicarbonate of Soda
¼ lb. Golden Syrup
½ pint Milk
1 Egg
4 oz. Brown Sugar
8 oz. Cooking Figs
½ teaspoon Ground Ginger

Soak the figs overnight and cut them up removing the stalks. Grease a pudding basin and put the golden syrup into it. Mix all the dry ingredients together, add the chopped suet, then the egg and mix with the milk. Press into the basin and cover well with greaseproof paper. Steam for two hours.

SPOTTED DICK

8 oz. "Frenlite" Self-Raising Flour
¼ teaspoon Salt
4 oz. Chopped Suet
3 oz. Sugar
4 oz. Currants
Milk to Mix

Sieve the flour and salt. Add the suet, sugar and cleaned currants and mix with milk to make a soft dough. Place this on a greased and floured pudding cloth and shape into a roll. Roll up the cloth and tie both ends, leaving room for the pudding to swell. Steam 2½–3 hours. Serve with custard or jam sauce.

SUGARY APPLE MUFFINS

4 oz. "Frenlite" Self-Raising Flour
2 oz. Margarine
3 oz. Sugar
2 oz. finely-chopped Apples
1 Egg
1½ teaspoons Baking Powder
½ teaspoon Cinnamon
¼ teaspoon Nutmeg
½ cupful Milk and Water
A little Cinnamon and Nutmeg to dust on top if liked
¼ teaspoon Salt

Cream the margarine with 2 oz. of the sugar and beat in the egg. Mix all the dry ingredients and add gradually with the milk to the creamed margarine and sugar. Fold in the apples and fill patty tins with the mixture. Sprinkle the remaining sugar, mixed if liked with a little cinnamon and nutmeg, over the top. Bake in a hot oven 450°F. or Mark 7 for 15 minutes.

SYRUP LAYER PUDDING

8 oz. "Frenlite" Suet Crust Pastry (see page 16) **Golden Syrup**

Divide the pastry into three pieces, allowing a larger piece to finish. Well grease a 1½-pint pudding basin or mould, press in one piece of the pastry, add one tablespoon warmed syrup. Repeat in layers finishing off with a layer of pastry. Cover well with greased greaseproof paper and cloth, tie securely and steam for two hours.
Variations. Jam, mincemeat or fresh fruit can be used as a change.

SCONES, BREAD, TEA LOAVES

Important points in making
SCONES AND QUICK BAKE BREAD. Heat the oven. Prepare and clean dried fruit required, grease the tins, and mix and bake as quickly as possible,

"FRENLITE" QUICK BREAD

16 oz. "Frenlite" Self-Raising Flour
Milk or water to mix
2 oz. Lard
1 teaspoon Salt

Sieve flour and salt together. Rub in fat. Add sufficient liquid to form a light dough. Form into one loaf or eight rolls. Brush with milk. Bake at once in a hot oven 450°F. or Mark 7. Loaf about ½ hour—rolls about 15 minutes or until well risen and nicely browned.

"FRENLITE" CURRANT TEA LOAVES

16 oz. "Frenlite" Self-Raising Flour
½ teaspoon Salt
½ pint Milk
2 oz. Lard
4 oz. Currants

Make as for "Frenlite" Quick Bread recipe. Place in two small greased loaf or cake tins. Bake for 1 hour 375°F. or Mark 5.

"FRENLITE" SCONES—STANDARD RECIPE

8 oz. "Frenlite" Self-Raising Flour
Pinch of Salt
Milk to Mix
2 oz. Sugar
2 oz. Margarine (or 1 oz. Margarine and 1 oz. Lard)
1 Egg

Have the oven ready 475°F. or Mark 8. Rub fat into well-sieved flour. Add other dry ingredients. Mix to a soft dough with the milk and beaten egg. Turn on to a floured board, knead dough and shape. Bake at once in hot oven 10–15 minutes according to size.

VARIATIONS

CHEESE SCONES. Omit sugar. Add 4 oz. of finely-grated cheese and a pinch of mustard, reserving a little of the cheese to sprinkle on the top of each scone before baking after brushing the tops with milk. Serve this way—Split in half, butter and sandwich together with sliced tomato and water cress.
FRUIT SCONES. Add 2 oz. cleaned dried fruit, or chopped dates.
TREACLE SCONES. Add ½ teaspoon of bicarbonate of soda and 1–2 tablespoons of warmed golden syrup.

ICINGS & MARZIPAN

BUTTER ICING

4 oz. Butter or Margarine
6 oz. Sieved Icing Sugar
Vanilla Essence, Colouring if required

Cream fat and gradually add the sugar, beat until smooth and creamy, then add the essence and colouring if required. Use as a filling for sponge or layer cakes.

CHOCOLATE GLACÉ ICING

1 oz. Grated Chocolate
4 oz. Sieved Icing Sugar
¼ oz. Margarine or Butter
1 tablespoon Warm Water
1 teaspoon Vanilla Essence

Put the chocolate in a saucepan with the butter and water, allow it to melt and boil for two minutes. Allow to cool, add the icing sugar together with the essence. Beat until glossy. Add a few drops of tepid water if too thick.

GLACÉ ICING

8 oz. Sieved Icing Sugar
2 tablespoons Warm Water
Flavouring and Colouring as required

Sieve the icing sugar and place it in a bowl. Add tepid water, colouring and flavouring, mix to a coating consistency. Beat until smooth and glossy.

who recommend Frenlite to their friends

ROYAL ICING 1 lb. Icing Sugar
2–3 drops Blue colouring
2–3 Whites of Eggs
½ teaspoon Lemon Juice

Sieve the sugar into a very clean bowl. Slightly whip the white of eggs and gradually beat into the sugar and other ingredients. Beat until smooth and glossy. If to be used for piping it must be stiff enough to stand up in points. Cover the icing with a clean damp cloth. This amount is sufficient to coat and decorate a 7-inch cake.

MARZIPAN ICING

8 oz. Ground Almonds
4 oz. Caster Sugar
4 oz. Icing Sugar
Few drops Almond Essence
Few drops Vanilla Essence
1 dessertspoon Sherry or Rum
Add enough Egg to bind

Knead the dry ingredients with egg to form a pliable paste. Use as required.

SAUCES

"FRENLITE" STANDARD WHITE SAUCE

1 oz. "Frenlite" Flour
1 oz. Margarine or Butter
½ pint Milk
Pinch of Salt and Pepper

Melt fat in a saucepan, add the flour and cook for a few minutes. Remove from the heat and gradually add the milk stirring all the time to avoid lumps. Return to the heat and gradually bring to the boil and cook for a few minutes stirring as the sauce thickens.

VARIATIONS

ANCHOVY SAUCE. Add one teaspoon anchovy essence.
CHEESE SAUCE. Add 2–4 oz. of grated cheese and pinch of mustard.
EGG SAUCE. Add one chopped hard-boiled egg.
PARSLEY SAUCE. Add one tablespoon of chopped parsley.

"FRENLITE" STANDARD SWEET SAUCE

½ oz. "Frenlite" Cornflour
1 oz. Sugar
½ oz. Margarine or Butter
½ pint Milk
½ teaspoon Vanilla Essence or other flavouring

Blend cornflour with a little of the milk. Heat the rest of the milk. Stir the heated milk into the cornflour mixture. Return to the pan and bring to the boil. Add the sugar, flavouring and butter. Beat well and serve.

VARIATIONS

LEMON SAUCE. Substitute water for milk in basic recipe adding the grated rind and juice of one lemon.
RUM SAUCE. Add one tablespoon rum to the above quantity.

JAM SAUCE

½ teaspoon "Frenlite" Cornflour
¼ pint Water
A little Lemon Juice
2 tablespoons Jam
Colouring if necessary

Blend cornflour with a little of the water. Add remainder of water, bring to the boil and cook for two minutes. Stir in jam and lemon juice and colour if necessary.

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CHESTNUT LOG

First make the Swiss Roll. There is a recipe on page 13 but if you are making your log a day or two before Christmas, the following recipe, containing fat, will help to keep it moist.

3 Eggs — **3 oz. "Frenlite" Self-Raising Flour**
4 oz. Caster Sugar — **1 tablespoon Hot Water**
1 oz. Butter or Margarine

Put the eggs and sugar into a basin and whisk until thick and creamy in texture. This is more quickly done if you stand the basin over a pan of boiling water—but do be careful to keep the egg mixture from getting too hot and so setting in the basin.

If you do use the hot water method continue whisking away from the heat until quite cool again.

Fold in the "Frenlite" Flour, then melted butter and hot water.

Pour the mixture into a large Swiss roll tin lined with greased and floured paper. Bake for approximately 7 minutes near the top of a really hot oven—Mark 8 or 9 or 475 to 500°F. The sponge is cooked when it feels firm to the touch. Turn out on to a sugared paper. Put a piece of grease-proof paper on top of the sponge and roll firmly. Leave until cold. When quite cold, unroll and fill and decorate with the following mixture:—

Chestnut Chocolate Cream

Cream together 3 oz. butter or margarine and 3 oz. sieved icing sugar. Work in 1 level tablespoon chocolate powder, a few drops of vanilla essence and approximately ½ teacup sieved chestnut pulp. Add just enough coffee essence or strong coffee to make a soft consistency—or you may like to add a little cream instead.

Use half of this inside the sponge, then roll firmly.

Coat with the rest of the mixture and, with the help of a skewer, mark "lines" in tree-trunk fashion. Decorate with a tiny sprig of holly—a robin—and a dusting of sieved icing sugar to look like snow.

If preferred, an ordinary chocolate butter or coffee icing could be substituted for the chestnut cream filling, but this makes a complete change of flavour.

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"FRENLITE" CHRISTMAS CAKE

(Recipe is for a cake 7–8 inch)

10 oz. "Frenlite" Flour (preferably plain)
8 oz. Butter or Margarine
8 oz. soft Brown Sugar or Caster Sugar
4 Large Eggs
2 oz. Chopped, Blanched Almonds
Pinch of Salt
½ lb. Sultanas
2 oz. Mixed Peel
1–2 tablespoons Sherry, Brandy or Rum
2 teaspoons Black Treacle
2 oz. Glacé Cherries
¼ teaspoon Mixed Spice
1 lb. Currants
½ lb. Stoned Raisins
¼ teaspoon Cinnamon

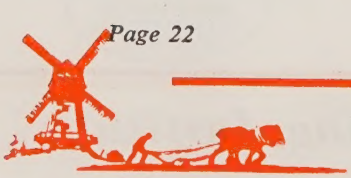
Line an 8-inch *round* or 7-inch *square* cake tin with greased, greaseproof paper. Tie a band of brown paper round the outside of the tin. Clean the fruit, chop the cherries and almonds. Cream the sugar, treacle and butter together until soft and light. Add the beaten egg a little at a time and beat well. Add the dried fruit, peel, glacé cherries, chopped almonds and sherry. Then add the sieved flour, salt, cinnamon and spice. Put into prepared tin and bake for about 3½ hours at 325°F. or Mark 3. If desired, lower heat to 275–300°F. or Mark 2 after the first 1½ hours.

"FRENLITE" CHRISTMAS PUDDING

4 oz. "Frenlite" Flour (plain or self-raising)
2 oz. Breadcrumbs
1 level teaspoon Mixed Spice
1 level teaspoon Cinnamon
1 level teaspoon Nutmeg
4 oz. Shredded or Grated Suet (or finely chopped butter, if you prefer)
4 oz. Brown Sugar
4 oz. Grated Apple
4 oz. Mixed Candied Peel
½ lb. Raisins
2 oz. Chopped Prunes or Dried Apricots
4 oz. Chopped Blanched Almonds
Grated rind and juice of ½ a Lemon
Grated rind of ½ an Orange
1 tablespoon Golden Syrup or Black Treacle
2 Eggs
¼ pint Ale, Beer, Stout or Milk
1 Small Grated Carrot
4 oz. Currants
4 oz. Sultanas

Mix all ingredients together, stir well and leave overnight if possible. Place in one large or two smaller basins and cover well with cloth or paper and, to prevent top of pudding becoming too wet, flour and water paste. Steam or boil for 6–8 hours. Cool. Remove wet coverings. When cold, put on dry covers. Steam for 2 hours on Christmas Day.

If you have a pressure cooker, allow 2–3 hours at 15 lbs. pressure.



TINY CHOCOLATE CHRISTMAS CAKES

2 oz. "Frenlite" Self-Raising Flour
2 oz. Margarine or Butter
2 oz. Caster Sugar
1 oz. Sultanas
2 small Eggs
1 tablespoon Chocolate Powder

Cream together the margarine and sugar. Add the beaten eggs and the "Frenlite" flour—sieved with the chocolate powder. Lastly stir in the sultanas. Bake in tiny round patty tins for about 10 minutes in a hot oven Mark 6 or 7 or 450°F. Turn out and, when cold, decorate like Christmas cakes with a "snow scene" in white icing or bake in fairly deep patty tins and, when cool, pour a small quantity of water icing—coloured with a few drops of saffron yellow colouring to look like custard—over the top of each cake. When set, decorate with a sprig of holly. These tiny cakes will look like miniature Christmas puddings.

OLD FASHIONED TIPSY CAKE

Requirements for this are: A Victoria Sandwich (see page 13) baked in three sandwich tins 6½–7-in. diameter. These can be made some days before Christmas.

1 tin Fruit—Apricots are particularly good
Apricot Jam
1 oz. Blanched Almonds
1 Wineglass of Sherry or Madeira
1 pint Custard, flavoured with sherry
Cream, Angelica, Cherries to decorate

Put one round of the Victoria sandwich on a plate, spread with jam, then cover with sliced apricots and a few chopped nuts. Put the second sponge round on top and treat in the same way. Cover with the third round of sponge and spread this with jam. Heat a teacup of the apricot syrup, add the sherry, plus a little extra sugar if desired. Pour carefully over the cake. Now coat the cake with the custard. Leave until cold and decorate with cream, whole apricots, cherries, etc.

A refreshing change from the conventional trifle.

CASSEROLE OF TURKEY WITH SAVOURY DUMPLINGS

Left over Turkey (about 1 lb.)
2 large Onions
2 large skinned Tomatoes
Little seasoned Flour
2 oz. Poultry Fat or Cooking Fat
Stock

For the Dumplings

3 oz. "Frenlite" Self-Raising Flour
1 oz. Suet or Margarine
½ teacup left-over Stuffing
Water to bind

Heat the dripping in a pan, and fry thinly sliced onions till just soft. Roll the pieces of poultry in the seasoned flour; add to the onions, together with the sliced tomatoes, and enough stock to cover. Bring to the boil and cook gently in a covered casserole or saucepan until the onions are tender and the meat very hot.

Make the dumplings by rubbing the margarine or suet into the seasoned flour. Add the stuffing and enough water to bind. Roll into tiny balls, and drop into the casserole. Cook for about 15–25 minutes according to size.

constant tests in our own model kitchens

TURKEY (OR OTHER POULTRY) PIE

Cooked Poultry
Little Stuffing
Several hard boiled Eggs
Cooked Ham
Stock
Flaky Pastry—see recipe page 14

Arrange layers of poultry, ham, stuffing and hard boiled eggs in a pie dish. Pour over stock (made from the poultry bones). Cover with flaky (or short crust) pastry and bake for about 45 minutes in the centre of a hot oven. Delicious—hot or cold!

In addition, use the last pieces of the Christmas poultry as a filling (combined with a good sauce) in *vol-au-vent* cases; serve with mushroom sauce and rice. Stuff tomatoes with finely chopped poultry and little bits of stuffing and bake in the oven. Use bones and any remaining stock as basis for good soups.

HANDY MEASURES

Here is a table of equivalent weights and measures that will help you with your recipes.

1 heaped tablespoon flour	= 1 oz.
2 heaped tablespoons breadcrumbs	= 1 oz.
1 heaped tablespoon finely chopped suet	= 1 oz.
1 heaped tablespoon oatmeal	= 1 oz.
1 heaped tablespoon grated cheese	= ½ oz.
2 level tablespoons cornflour, custard powder, cocoa	= 1 oz.
1 level tablespoon sugar, rice, lentils	= 1 oz.
1 level tablespoon fat	= 1 oz.
1 level tablespoon jam	= 1 oz.
1 level tablespoon syrup	= 2 oz.
1 egg is approximately	= 2 oz.
7 level tablespoons liquid	= ¼ pint approx. or 1 gill.

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